

# *Wild Dog Mushing Provides Excitement*

"WILD DOGS" FROM PAGE B1

the wilderness without the noise and fumes of motorized vehicles. With less external interruptions, Valli feels that a person can achieve a more intimate relationship with his or her environment and therefore have a more meaningful experience. In fact, most people who have had the opportunity to take a dog-sled tour have said the ride was like nothing they've ever experienced.

Scott Erdenberger, of State College Pennsylvania, had the opportunity to go on a dog sled ride last season. He described the experience as being "a very exciting ride that lets you enjoy the outdoors as it was meant to be -- without the interference of a hot, noisy engine."

Valli hopes to provide this opportunity to many people and in doing so, to give peo-

ple a better understanding and appreciation for the sport of dog mushing.

Valli has worked as a dog trainer and musher in various areas around the country, including Colorado and Alaska. He was born and raised on the east coast and said he became interested in dog mushing through an ad he saw in a magazine. The advertisement requested a dog trainer for Champaine Kennels, owned by Charlie and Roxy Champaine, world champion sprint racers then based in Alaska. Valli answered the ad out of pure intrigue and, in the end, headed off to Alaska to learn about dog mushing. Valli said he was hired, ironically because he had no previous experience with sled dogs. He learned quickly and just as quickly fell in love with the profession. It was here that Valli got his passion for dog

mushing, and here he spent the next year of his life training puppies, racing dog teams, and learning all he could about dog mushing in general.

According to Valli, dog mushing is a profession that "gets in your blood." And once it got into his, there was no getting it out. Having a dog mushing business of his own has been Valli's dream since his days in Alaska, and now he wants to offer the experience to others.

Wild Dog Mushing Company is based in Midway, Utah, and offers daily tours during the months of November through April, weather permitting. For more information about the company and to meet the dogs of Wild Dog Mushing Company, visit [www.dog-sled.com](http://www.dog-sled.com). For information about touring or to reserve a tour date, please call 435-671-0900.

# Nutrition Strategies Can Help When People Quit Smoking

BY KAREN COLLINS, MS, RD,  
CDN

American Institute for Cancer Research

Each November, a national "smoke-out" campaign urges people to stop using tobacco products. Many smokers realize the damage tobacco causes and the huge health benefits that quitting can reap. Others are prevented from trying to quit by the fear of gaining weight or failing. But healthy habits can make a difference in overcoming those potential problems. And research has now identified ways to make quitting more successful.

Health experts urge people to stop smoking for good reason. Smoking is a major cause of heart disease and emphysema, and 80 percent of lung cancers

Health Psychology, for example, reports that only 36 percent of women who tried to quit smoking gained weight. Although some studies show average gains of 10 to 20 pounds, a report in the Journal of the American Medical Association notes an average weight gain of only five pounds for a group of 20,000 ex-smokers. Such a small weight gain is unlikely to pose any health concerns and could be tackled later, if desired.

Two major factors should be considered to prevent weight gain when you stop smoking. First, nicotine tends to raise the body's rate of calorieburning, so fewer calories are needed to maintain weight after quitting. Second, people often substitute eating for smoking, and the extra food can lead to weight gain. A

fied with foods that are less concentrated in calories. Making lowcalorie vegetables and fruit a major part of every meal. To help you deal with stress or negative feelings without turning to food or tobacco, adopt other strategies, like turning to a engrossing book, taking up new hobby, or reorganizing closets or files.

Exercise may be one of the best weapons. Physical activity not only burns calories, it's also great stress reliever and mood enhancer. A study in the Archives of Internal Medicine found that people who exercised vigorously three times a week did not increase their calorie and fat consumption, and they were less likely to gain weight than those who remained sedentary. Exercise also helps you